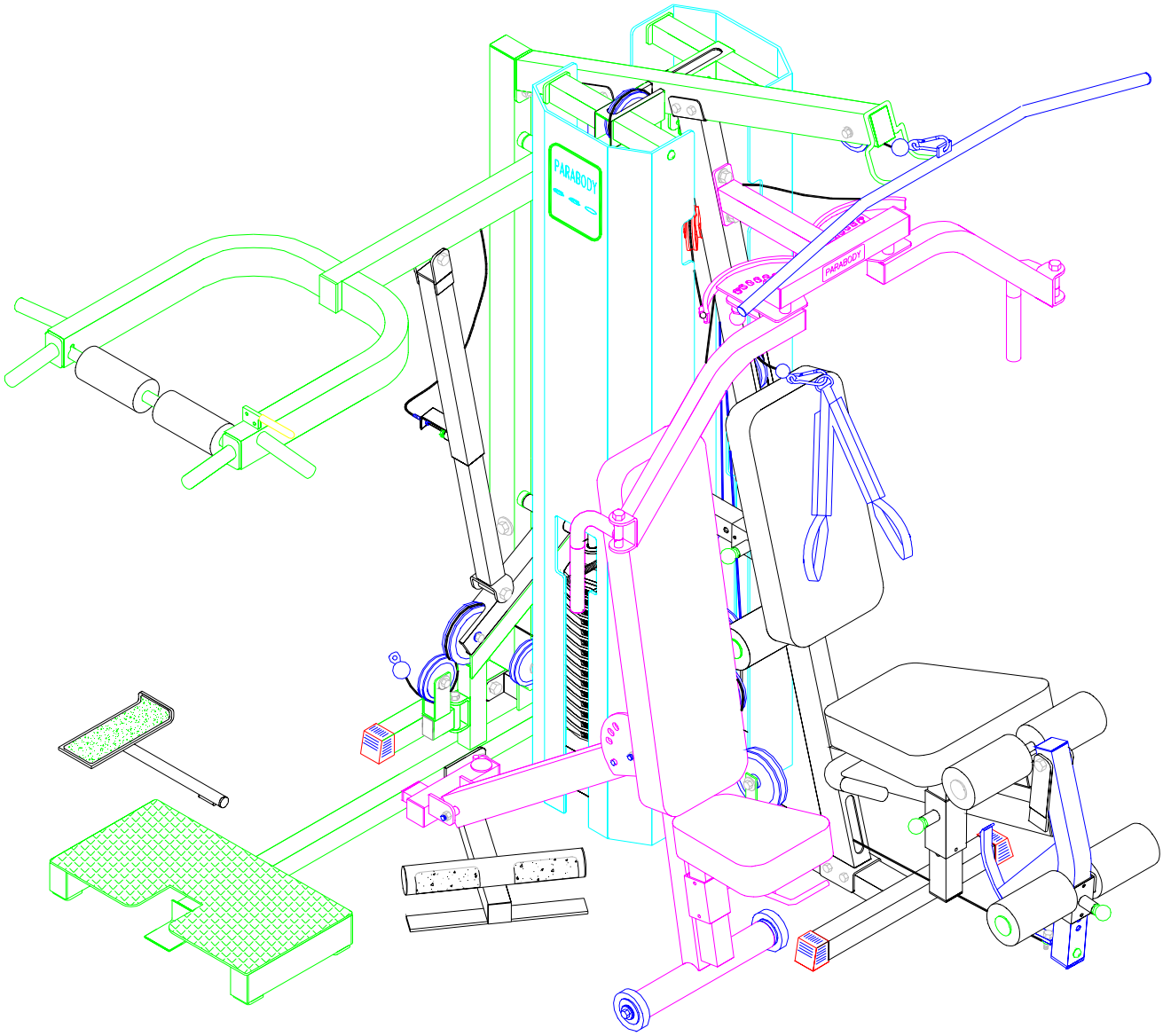
662101 GLUTE/SQUAT OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF Serious steel!

Please note:

* Thank you for purchasing the Parabody 662101 Glute/Squat Option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

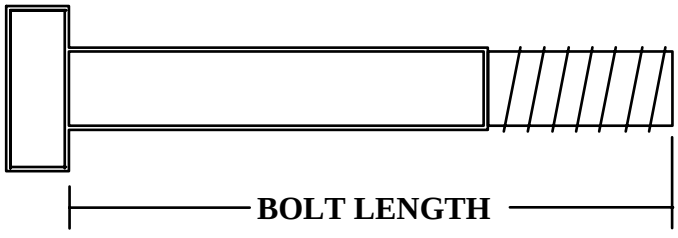
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

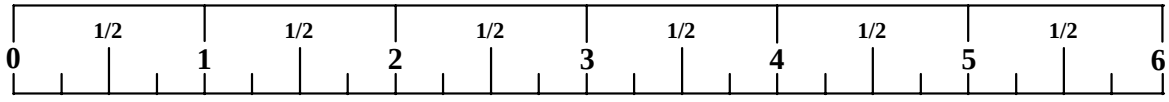
* Rubber mallet or hammer
* 3/4” wrench
* Ratchet with 3/4” socket
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6748802	FOOT PLATE	1		5	6670701	NON-SKID STRIP	1
2	6748702	SQUAT BAR	1		6	3102918	1/2 X 3-1/4” BOLT	2
3	6740002	GLUTE KICK	1		7	3102801	1/2” LOCK NUT	2
4	6016401	ROLLER PAD	2					

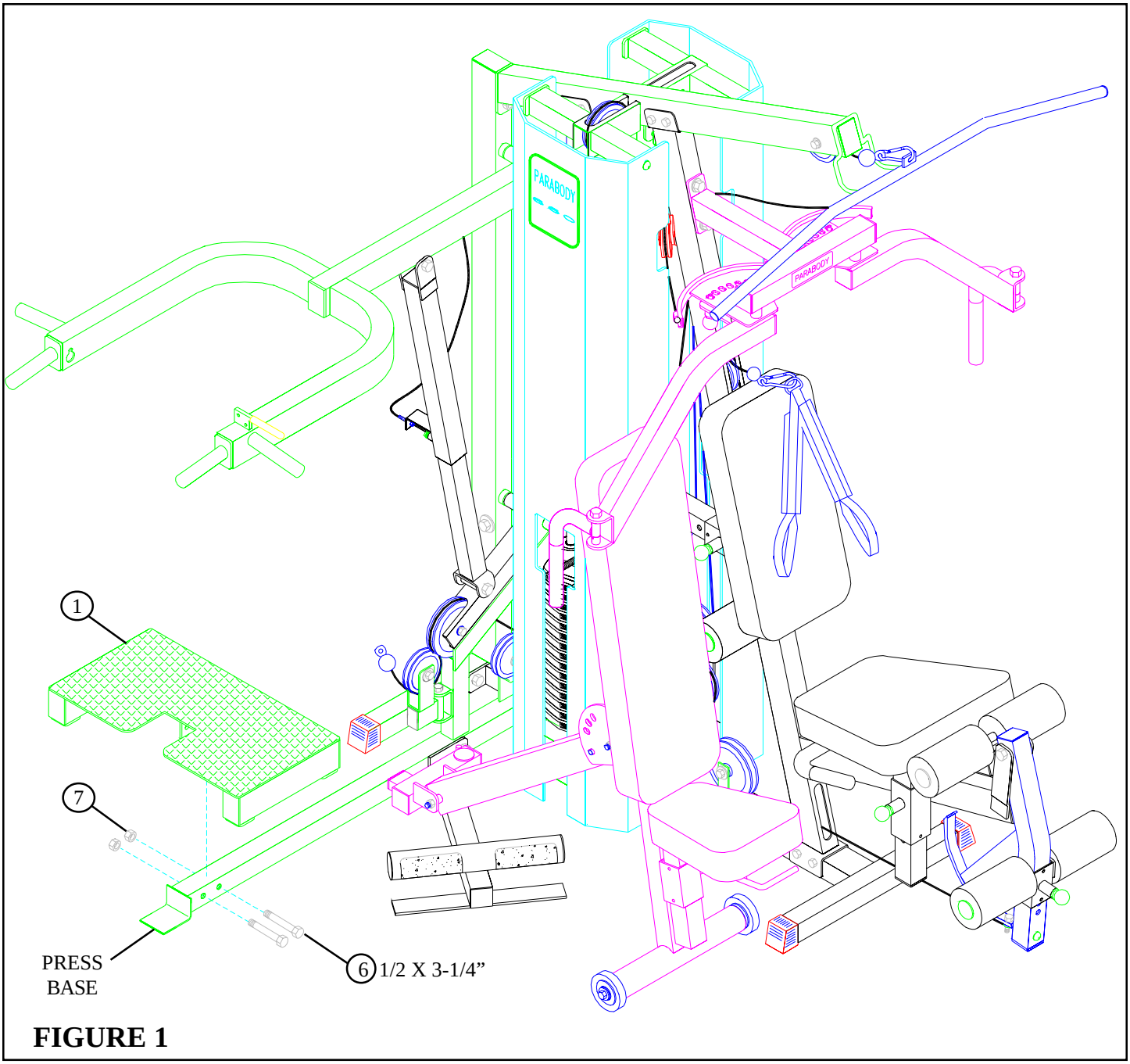
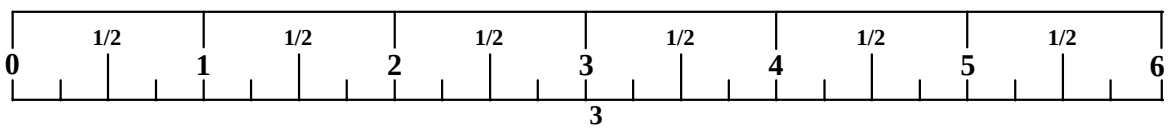


FIGURE 1

STEP 1

- Swing the PRESS SEAT over 90° to install FOOT PLATE (1). See FIGURE 1.
- **SECURELY** attach the FOOT PLATE (1) to the PRESS BASE using two 1/2 X 3-1/4” BOLTS (6) and two 1/2” LOCK NUTS (7) as shown in FIGURE 1.



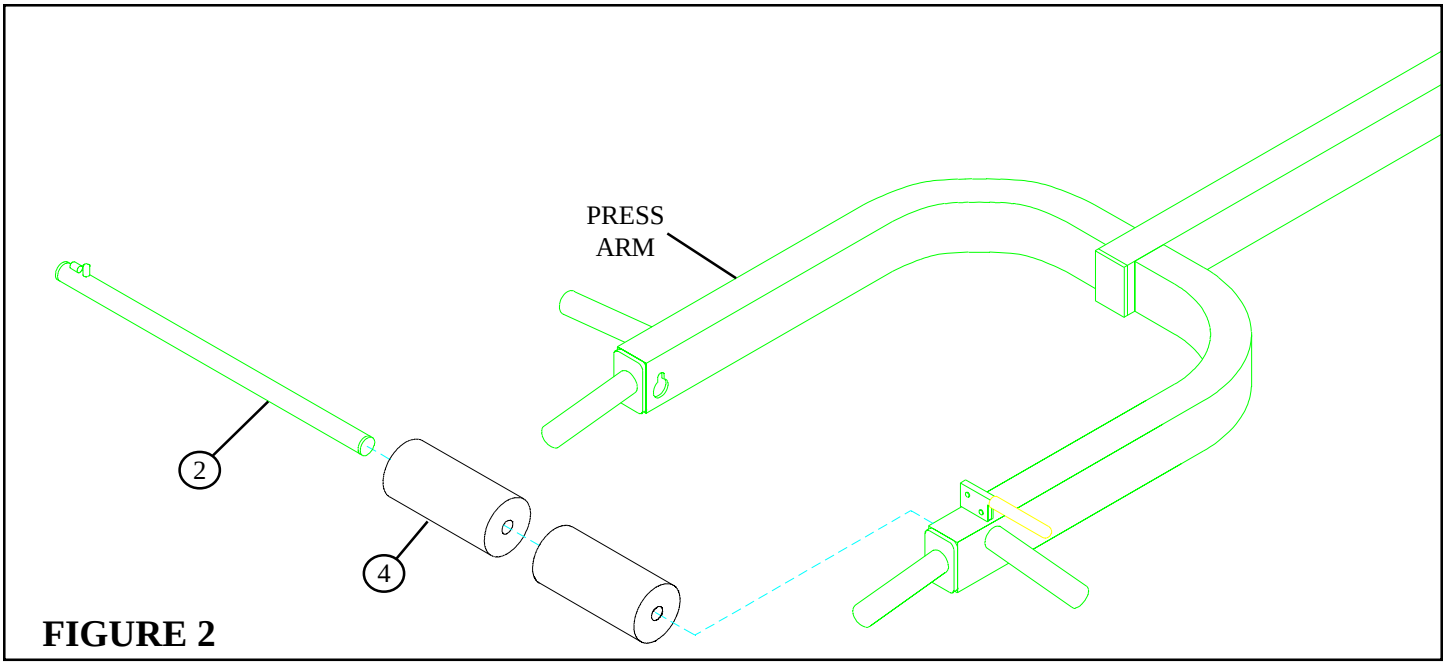


FIGURE 2

STEP 2

- Slide two ROLLER PADS (4) over the SQUAT BAR (2). See FIGURE 2. Space PADS out equally to support back of neck. **(Optional : SQUAT BAR may be used without ROLLER PADS.)**
- Insert SQUAT BAR (4) into the hole on the PRESS ARM as shown.

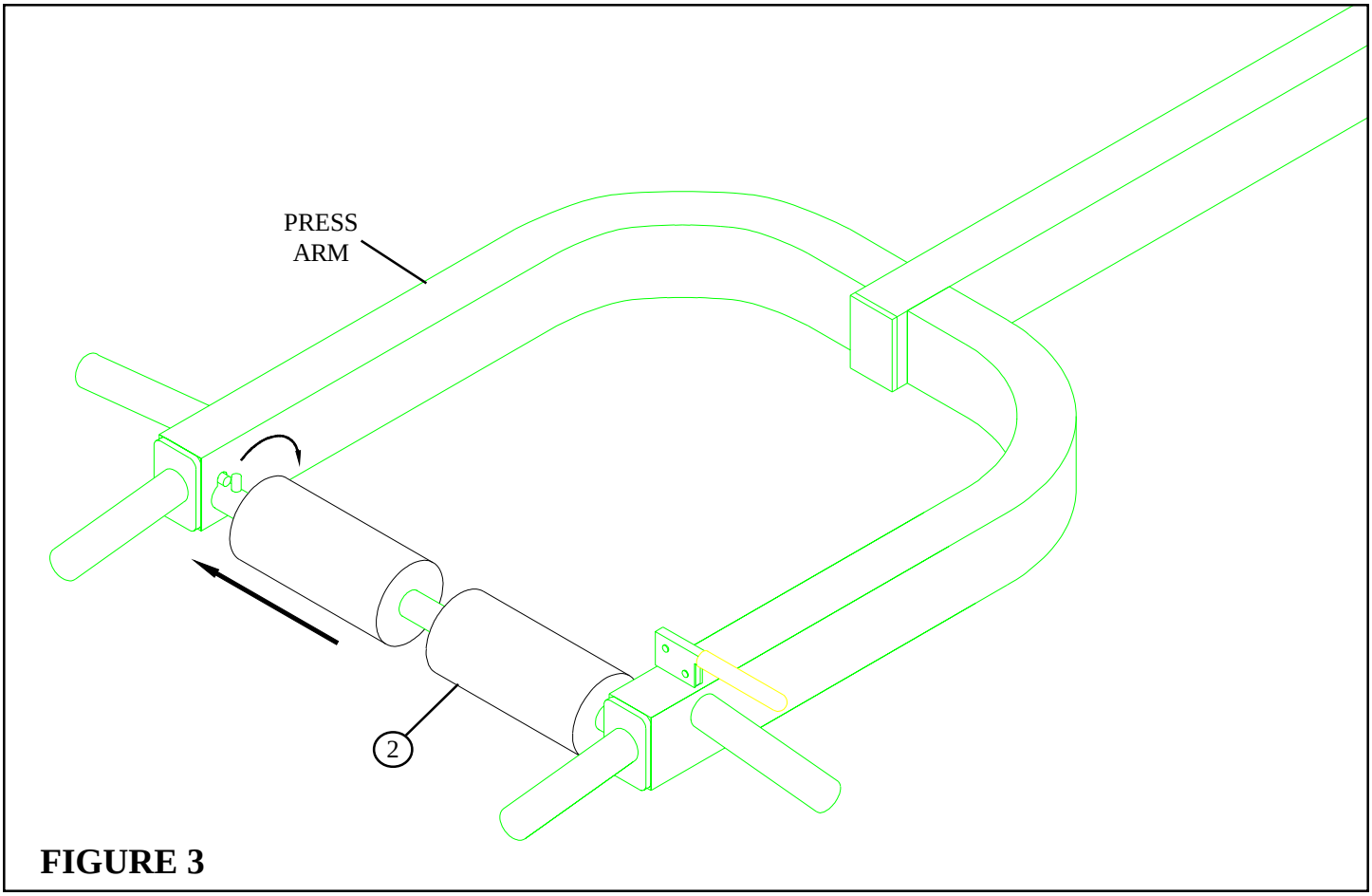


FIGURE 3

STEP 3

- Insert other end of SQUAT BAR (2) into the PRESS ARM. See FIGURE 3.
- Rotate SQUAT BAR (2) 90° to hold SQUAT BAR (2) in PRESS ARM. See FIGURE 3.

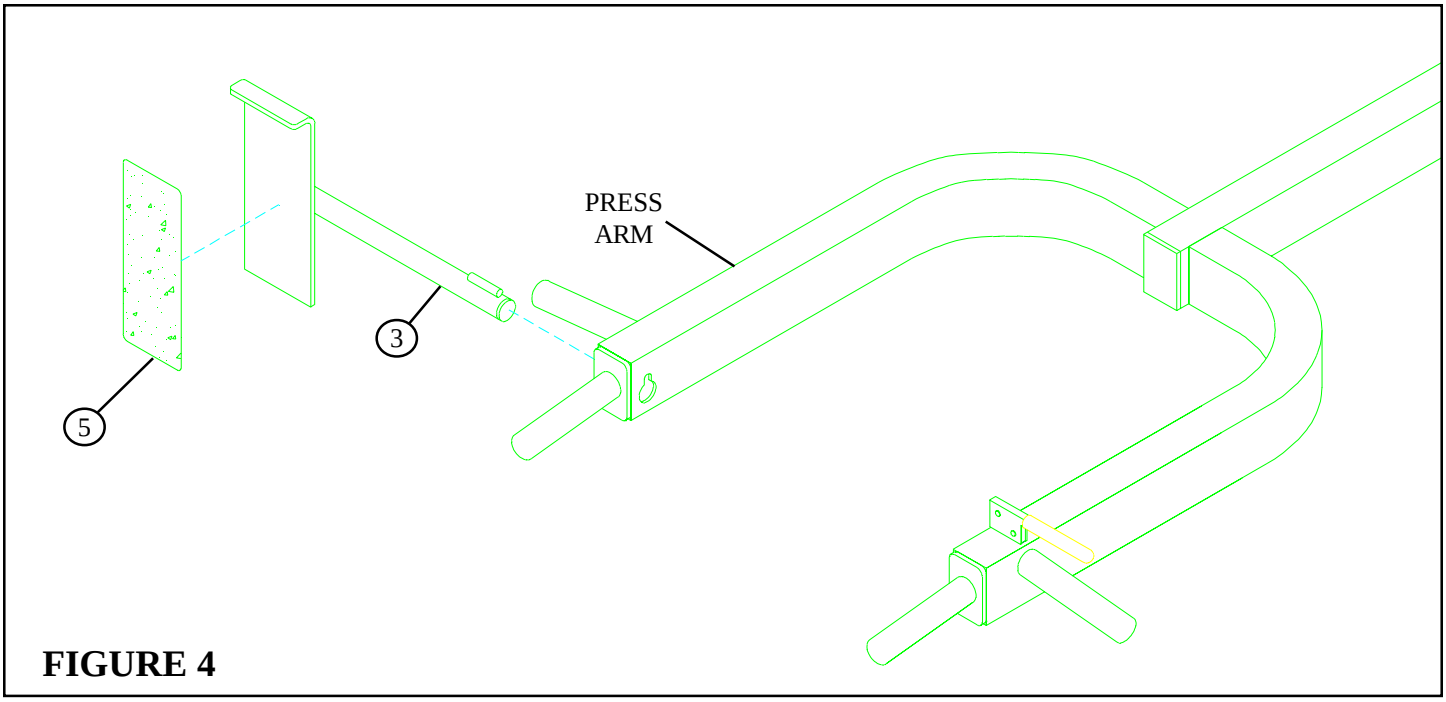


FIGURE 4

STEP 4

- Attach one NON-SKID STRIP (5) to the GLUTE KICK (3) as shown in FIGURE 4.
- Insert GLUTE KICK(3) into the hole on the PRESS ARM as shown.

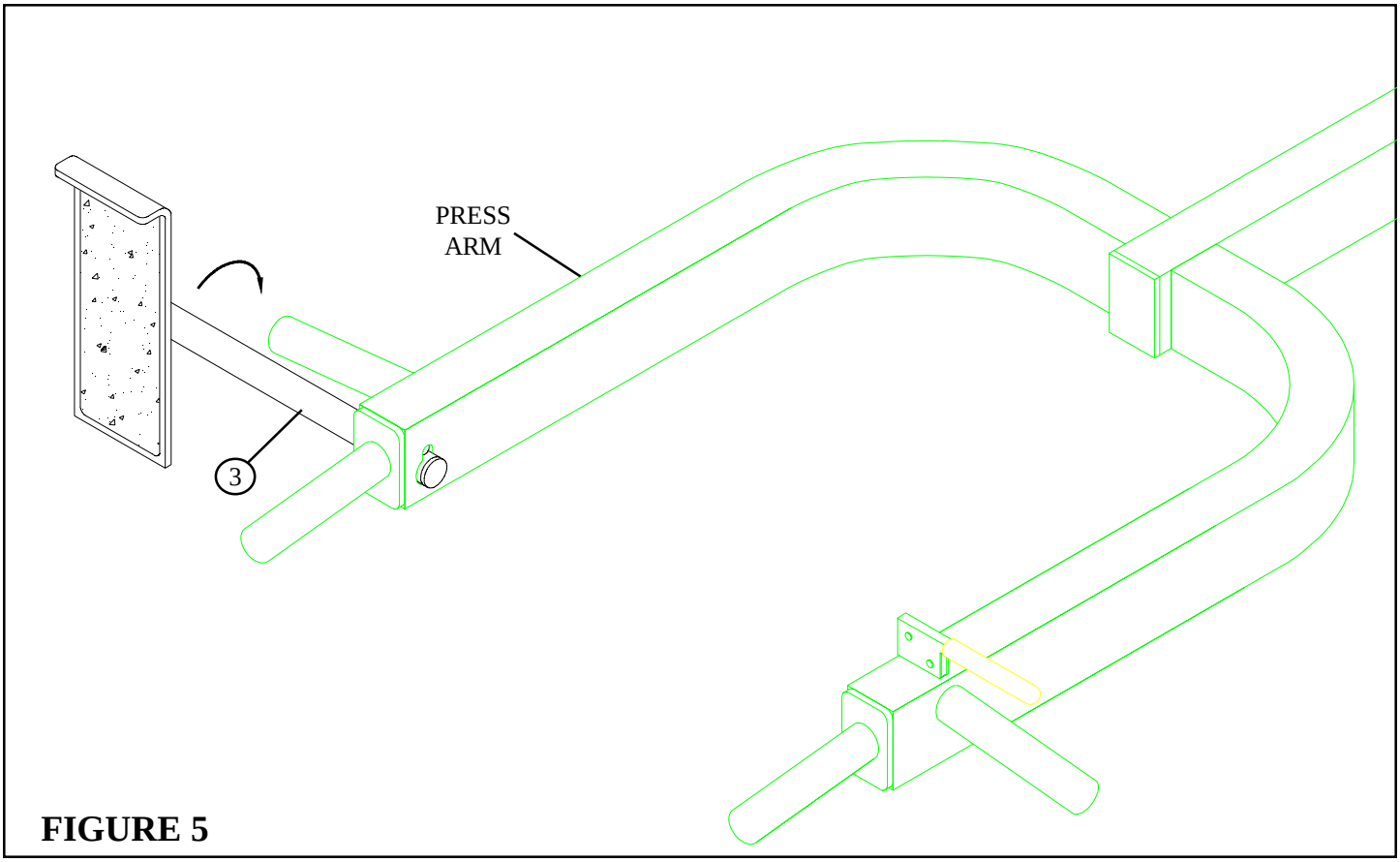


FIGURE 5

STEP 5

- Rotate GLUTE KICK (3) 90° to hold GLUTE KICK (3) in PRESS ARM. See FIGURE 5.

Thank you for purchasing the PARABODY 662101 GLUTE/SQUAT OPTION. If unsure of proper use of equipment refer to the 662101 OPERATION GUIDE or call your local PARABODY distributor or call the PARABODY customer service department at (800) 328-9714.